

**Miele**

# Porridge with chia, dark chocolate and caramelised bananas

By Miele

**To serve**

Preparation time

**15 minutes**

Cooking time

**4**

Serves



## INGREDIENTS

### Oat and chia porridge

180 g (2 cups) rolled oats  
1 tbsp chia seeds  
Pinch salt flakes  
750 ml (3 cups) water

### Caramelised bananas

40 g butter  
4 small bananas, halved lengthways  
1 tbsp brown sugar

### To serve

45 g (¼ cup) good-quality dark chocolate chips  
1 tbsp Dutch-processed cocoa powder  
Honey  
Your preferred milk (cows, oat, soy or other)

## **METHOD**

### **Oat and chia porridge**

1. Place the oats, chia seeds, salt and water into an unperforated steam container.
2. Place into the steam oven and Steam at 100°C for 15 minutes.

### **Caramelised bananas**

1. Melt the butter in a frying pan on medium heat, induction setting 6.
2. Place the bananas in the pan, cut side down, cook for 2 minutes or until lightly coloured. Add the brown sugar and cook for 1 minute.

### **To serve**

1. Divide the porridge between the serving bowls.
2. Top with carameilsed bananas, dark chocolate chips and a sprinkle of cocoa. Add milk and honey as needed.

### **Additional appliance method:**

- Alternatively, cook the oats on a cooktop using medium-low heat, induction setting 4.

### **Hints and tips**

- Any fruit can be added to this versatile breakfast. Try raspberries or apricots in summer, or pears and rhubarb in winter.
- Oats are an excellent source of soluble fibre with a low glycaemic index. They are a great way to start the day.